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Sectarian strife rocks Baghdad

Shiite fighters prepare to
take up arms against Sunni
militants as explosions kill
at least 15 **PAGE 6**

WORLD CUP ROUNDUP: DAY 4

MESSI AND CO. GET ARGENTINA
OFF TO A GOOD START, WHILE
FRANCE DOMINATES HONDURAS
AND SWITZERLAND PULLS OUT
DRAMATIC COMEBACK AGAINST
ECUADOR **PAGE 29**

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PORKAPALOOZA PIG-OUT

Jim Williams, with Pigsickle from Regina, was among the 29 contestants entered at Porkapalooza in Hawrelak Park this weekend. Contestants in the competition competed for \$10,000 in the contest that organizers hope to make an annual event. **RYAN TUMILTY/METRO**

ATA denies conflict of interest relating to member discipline

Striking back. Gov't task
force manufacturing
crisis: Teachers' union

**JEREMY NOLAIS &
LEAH GERMAIN**
edmonton@metronews.ca

The Alberta Teachers' Association is rejecting claims from a provincial task force and the education minister that its process of reviewing and disciplining its members is tainted by "perceived conflicts of interest."

The ATA's official response to the findings of the Task Force for Teaching Excellence says that the MLAs, educators and other members that constitute the task force did not understand how union handles disciplinary cases.

The task force was created by education minister Jeff Johnson in September 2013.

The ATA's response to the findings claims that the task

force relies on what the union calls a "cheap shot of 'perceived conflict'" when it comes to rooting out teachers guilty of everything from violence- and sex-related infractions against students to fraud.

"We've always prided ourselves on working with government to resolve education issues," said ATA president Mark Ramsankar, adding Alberta Education Minister Jeff Johnson should have initiated the process of reviewing the teaching profession last year by engaging with actual educators.

Johnson has publicly scolded the disciplinary process after he overturned a handful of cases where the ATA's hearing committee had recommended a suspension.

In those cases, Johnson instead removed the teacher's certificate, effectively barring them from the classroom for life.

But the ATA has said only one teacher has returned to the classroom after receiving a prolonged suspension from the committee in the organization's near-80-year history.

Task Force member and Alberta teacher Laurie Thompson said she was hurt to hear the organization's claim it had no representation.

"For them to splash all over the paper multiple times they had no representation at the table, I was beyond insulted," said Thompson, who has been a member of the ATA for 20 years.

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Chock-full. Edmonton short of rentals

Even with a big influx of new apartment buildings, Edmonton's vacancy rate continues to be among the lowest in the country.

The Canadian Mortgage and Housing corporation released vacancy rate data last week showing just 1.4 per cent of apartments are currently vacant.

Richard Goatcher, an economic analyst with the Alberta chapter of the Canadian Home Builders Association, said that shows how hot the economy is, because supply is constantly being added.

"That just speaks to the strength of demand. Even though we have had a fairly good injection of rental units and multi-family units, vacancies are still low," he said.

Goatcher said while there will be more units coming on stream, renting an apartment is going to be neither easy nor cheap.

"It's going to be a challenge for people trying to find affordable rental accommodation," he said. "Landlords can push the envelope on rents and get it."

Christopher Gourley, with Midwest Property management who are currently renting out Edmonton House, a hotel converted into rental apartments, said they have seen strong interest.

"We're definitely probably two thirds through the project and the demand has been exceptional," he said.

Gourley said Edmonton House is more for people making a lifestyle choice to rent, but the demand is strong in all of Midwest's properties. **RYAN TUMILTY/METRO**



Adam Groves, who was killed Friday morning attempting to stop the theft of his vehicle, was a caring father who started his own business so he would have more time for his two kids. COURTESY FACEBOOK

Father mourned as devoted family man

Suspect still at large.

Man tried to stop an alleged thief from leaving with his truck



RYAN TUMILTY
ryan.tumilty@metronews.ca

A 33-year old man, killed as an alleged thief drove off with his pick-up truck Friday morning, is being remembered as a devoted family man.

Adam Groves was killed Friday, as he attempted to

stop a man who had jumped into his truck.

Cathi Groves, Adam's aunt, said her nephew was devoted to his common-law wife Jolene Poulin and his seven-year-old son Harley and four-year-old daughter Harmony.

"He was just kind of starting out. They were just a family trying to start out," she said.

Groves said her nephew grew up in Calgary, then took line-locating work in Hinton, where he met Jolene.

She said after a few years working for others, he decided recently to branch out and

work on his own.

"He wanted to be with his kids more, so he wanted to be a little bit more in control of the time he spent out there," she said.

Police were searching for a vehicle that lead them to the townhouse complex where Groves lived. After police located the vehicle, the alleged suspect jumped into Groves' truck to flee.

Police were able to arrest one female suspect in the complex. Groves attempted to stop the man from leaving in his truck and fell under the vehicle.

Investigation continues

Police found the stolen truck late Friday, but the suspect remains at large.

- The suspect is being described as native, approximately 30 years old, approximately 6'0" to 6'2" with a medium build. He has medium length brown or black hair, and may be wearing jeans with a red and white horizontal striped shirt.

1 NEWS



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Pork fest turns up the heat

Barbecue. Prize money was on the grill at first annual Porkapalooza



RYAN TUMILTY
ryan.tumilty@metronews.ca

The crowd kept coming and the meat kept smoking this weekend at the first ever Porkapalooza festival.

The festival, drawing competitive barbecue teams from across Western Canada, is sponsored in part by Alberta's pork producers, who said the event did much better than expected.

"Our website crashed twice this week and our Father's Day brunch this

morning — we were expecting about 250; we had about 350," said Karen Gurba, the group's marketing director.

Gurba said other cities in Western Canada and especially the southern United States have barbecue competitions like this one and she sees only growth for Edmonton's.

"We're going to be the biggest one in Canada, mark my words," she said.

Jason Webb, with Low and Slow BBQ, who serves up plates at Edmonton's Grand Market, said interest in proper barbecue has just continued to grow.

"Six years ago barbecue was nothing in Edmonton. People didn't understand it. You couldn't buy hardwood charcoal if your life depended on it," he said.

His wife, Thane Chambers, said they decided to give the competition a try to test their skills.

"We saw this and we thought, 'Let's see if we're actually any good,'" she said.



Jason Webb, with Low and Slow BBQ, mans the grill during Sunday's competition. Webb started smoking his meat at 11 p.m. Saturday night. RYAN TUMILTY/METRO

Big payday

\$10,000

The winner of the competition was set to receive \$10,000.

Residents 'annoyed' with beach plan: Councillor



Graphic of the proposed Urban Beach. CONTRIBUTED

Downtown residents could find themselves soaking up rays at their very own Urban Beach as the city considers building the infrastructure, along with a spray park at Louise McKinney Park.

Slated to cost \$1.4 million, the Urban Beach project will be considered at Edmonton's community service committee meeting Monday, despite some hesitation from councillors.

According to Ward 6 Coun.

Scott McKeen, adding new recreation infrastructure to Louise McKinney Park is a good idea, but he questioned if the Urban Beach was the way to do it.

"I'm interested in having opportunities in the greater downtown area for people to have fun and play," he said. "It's a short summer and if we can add to the roster of things for people who live in the downtown area to do, it's

a great thing."

McKeen noted he hasn't received much feedback from residents about the plan, but what he has heard has been negative.

"I think there is a bit of a misnomer at play here. People hear the word 'beach' and are perhaps naturally annoyed with the idea," McKeen said. "It's not a beach: It's a spray park with a large sand feature." LEAH GERMAIN/METRO

Park upgrades

The beach plan is just one facet of a \$12.5-million project to upgrade the park, which was first approved in 1997.

- City administration is recommending aligning construction of the Urban Beach, along with other

infrastructure, with the building of the Valley Line LRT, which will impact park activity until 2019.

For more local news, visit metronews.ca



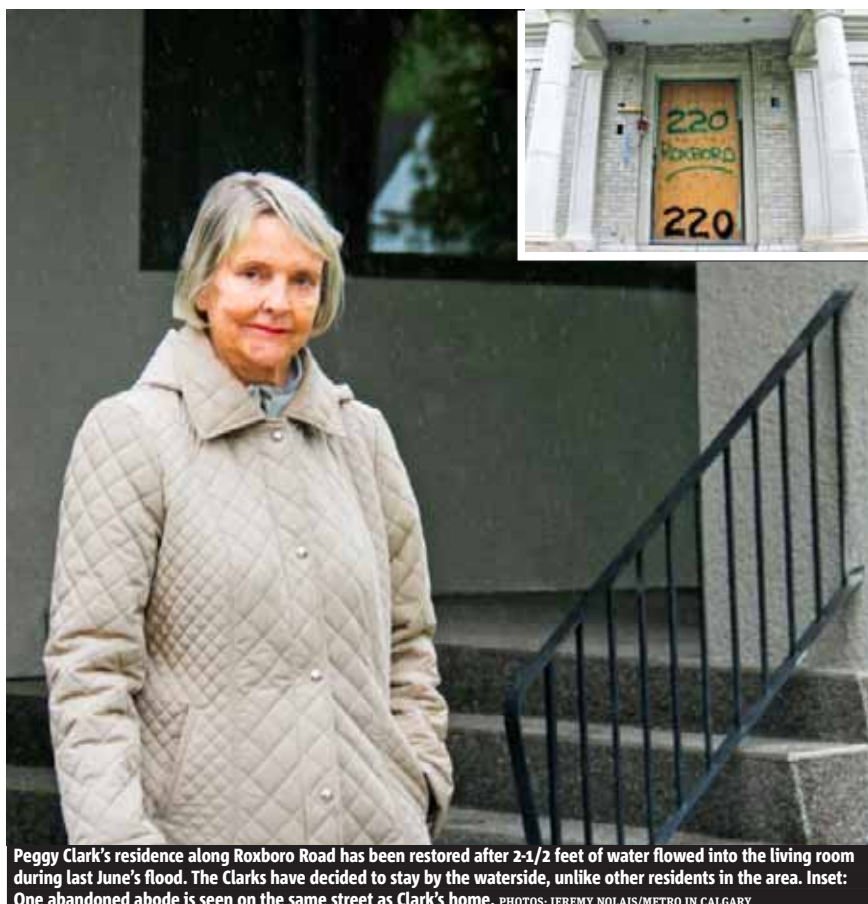
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Peggy Clark's residence along Roxboro Road has been restored after 2-1/2 feet of water flowed into the living room during last June's flood. The Clarks have decided to stay by the waterside, unlike other residents in the area. Inset: One abandoned abode is seen on the same street as Clark's home. PHOTOS: JEREMY NOLAIS/METRO IN CALGARY

Couple prepared for possibility of another flood

Homeowner dilemma. Floodway-area homes won't receive disaster assistance in future

There's not a scratch visible on the exterior of Jan Brenne-man's Roxboro residence.

Inside, she and her husband have spent hundreds of thousands bolstering their flood defences. Certain walls have been cemented, key mechanical systems have been moved to higher ground and a steel door has been installed to segregate the home's below-grade garage.

"We've protected ourselves as best we can.... If there is another one it will just be the garage that gets the bulk of the

water," she said.

Just a few units down, a home sits with electrical wiring hanging from the roof. There's mud caked to the walls and junk-food wrappers scattered in the grass out front.

In all likelihood, the residents were among those on Roxboro Road to take a relocation buyout from the provincial government.

Their neighbours describe how some were simply unwilling to cope with the horror of another flood, while others were driven out by new government regulations barring any future relief funding for floodway-designated abodes.

The provincial maps relied on for such a designation have created a divide in this area, with a single stretch of road

separating the floodway from "flood fringe."

Brenneman conceded that initial thoughts shifted more towards packing up and getting out of dodge.

"But we thought about it and there's nowhere else we'd like to go," she said.

In an interview looking back at Alberta's largest disaster, Calgary Mayor Naheed Nenshi said the city has moved to a "new normal," which carries bylaw changes requiring mitigation in homes and buildings erected in flood-hazard area.

"I believe that, if you want to live in area like that, yes, you can take on the personal risk, but there's also a risk to the community," the mayor said.

JEREMY NOLAIS/METRO IN CALGARY
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Iraqi Shiites mobilize in response to Sunni militant attacks, threats

Iraq. With blessing of Shiite government and spiritual leader, fighters ready to battle Sunni militants, further escalating tensions

Iraqi police and hospital officials say a string of explosions in Baghdad Sunday has killed at least 15 people and wounded more than 30.

In the city centre, a car bomb killed 10 and wounded 21. After nightfall, another explosion hit the area, killing two and wounding five. The third went off near a falafel shop in the city's sprawling Sadr City district, killing three and wounding seven.

Baghdad has seen an escalation in suicide and car bombings in recent months, mostly targeting Shiite neigh-

Baghdad

While the city of seven million is not in any immediate danger of falling into the hands of the militants, Sunday's incidents could raise tensions. Food prices in the city have risen, twofold in some cases, because of disruption to transport.

bourhoods or security forces.

Iranian-backed, pro-Shiite militias — with the support of the Shiite-led government and blessing of the religious establishment — have moved quickly to the centre of Iraq's political landscape, spearheading what its Shiite majority sees as a fight for survival against Sunni militants who control territory north of Baghdad.

The emergence of the militias poses a threat to Iraq's unity, planting the seed for

new sectarian strife and taking the regional Shiite-Sunni divide to a potentially explosive level.

On Sunday, an Islamic militant group that captured two major cities last week posted graphic photos that appeared to show its fighters killing dozens of captured Iraqi soldiers.

The pictures on a militants' website appear to show masked fighters of the Islamic State of Iraq and the Levant, or ISIL, loading the captives onto flatbed trucks before forcing them to lie face-down in a shallow ditch with their arms tied behind their backs. The final images show the bodies of the captives soaked in blood after being shot.

The grisly images could further sharpen sectarian tensions as hundreds of Shiites heed a call from their most revered spiritual leader to take up arms against the Sunni militants who have swept across the north.

THE ASSOCIATED PRESS



Shiite tribal fighters raise their weapons and chant slogans against the al-Qaida-inspired Islamic State of Iraq and the Levant in Basra, Iraq's second-largest city, 550 kilometres south of Baghdad. NABIL AL-JURANI/THE ASSOCIATED PRESS

Ukraine declares state of mourning after separatists shoot down plane

Ukraine's new president declared Sunday a day of mourning after pro-Russia separatists shot down a Ukrainian military transport plane, killing all 49 crew and troops aboard.

President Petro Poroshenko vowed to punish those responsible. It was a bitter setback for Ukrainian forces — the deadliest single incident yet in their escalating battle against an armed insurgency that the gov-

ernment, backed by the U.S., insists is supported by Russia.

The downing of the plane drew condemnation and concern from the White House, European leaders and UN chief Ban Ki-moon. Analysts said it could bring a renewed emphasis on increasing sanctions against Russia.

"(This) will refocus attention on the fact that Russia does not seem to be doing very much to

moderate the insurgency (or) the cross-border resupply of separatists," said Timothy Ash, analyst at Standard Bank PLC. "I would expect the focus to return to sanctions next week."

Poroshenko spoke to security officials at a televised meeting Saturday, scolding the head of the country's SBU security service for "omissions" in measures to protect military aircraft.

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Casey Kasem

King of Top 40 countdown dead at 82

Casey Kasem, the internationally famous radio broadcaster with a cheerful manner and gentle voice who became the king of the top 40 countdown with a syndicated show that ran for decades, died Sunday morning. He was 82.

Danny Deraney, publicist for Kasem's daughter, Kerri, says Kasem died Sunday.

Kasem's American Top 40 began on July 4, 1970, in Los

Angeles. The show continued in varying forms — and for varying syndicators — until his retirement in 2009. In his sign-off, he'd tell viewers: "And don't forget: keep your feet on the ground and keep reaching for the stars."

Kasem's voice was also heard in TV cartoons such as Scooby-Doo (he was Shaggy).

THE ASSOCIATED PRESS



Casey Kasem

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Escalating battle

- Nine crew and 40 troops were aboard the Il-76 troop transport when it went down early Saturday as it approached the airport at Luhansk, the Ukrainian prosecutor general's office said.

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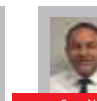


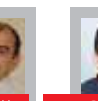



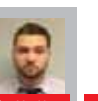



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Obama takes a holiday, envious of regular folks

Palm Springs retreat.

Golf, sun and the odd foreign affairs file check, the way a U.S. president should

It's perhaps appropriate that President Barack Obama is vacationing this weekend in California, where the state flag features a roaming grizzly.

The restless president, who has compared himself to a caged animal on recent wanderings by declaring the "bear is loose," took a long Father's Day weekend away with his wife and older daughter.

The visit to the desert resort area of Palm Springs is one of the ways Obama has been trying to escape during his sixth year cloistered in the



U.S. President Barack Obama
THE ASSOCIATED PRESS

fever," said Obama friend and senior adviser Valerie Jarrett. "His cabin is a little bit bigger and harder to escape than most."

Obama has fantasized about being "on a beach somewhere drinking out of a coconut" or simply being able to walk out of the White House gate and stroll around unrecognized.

Obama interspersed his four-day weekend with official duties, including Democratic Party fundraising, a speech on climate change and calls to his national security adviser discussing military options to stop a violent insurgency in Iraq.

"The thing you miss most about being president is anonymity," he recently said in a TV interview.

THE ASSOCIATED PRESS

White House.

"I think, frankly, we've all been through a cold and bitter winter and the bear has cabin

Watergate history

Deep Throat parking garage to be demolished

A Virginia county has voted to demolish a building and parking garage that houses one of the most historic journalism sites of the past 50 years.

The Washington Post reports the Arlington County Board voted unanimously Saturday to allow for demolition of the parking garage where FBI official Mark Felt met secretly with Washington Post reporter Bob Woodward during the Watergate investigation. Felt was known for decades as Woodward's source "Deep Throat."

Monday Properties plans to replace its two 12-storey buildings in Rosslyn with a 28-storey residential tower and a 24-storey commercial building. The existing buildings will be razed no sooner than January 2017.

The county plans to save a historical marker it installed in 2011, and the landowner pledges to create a memorial to the Watergate history.

THE ASSOCIATED PRESS



Neeeeigghhh, it's my herd

Stallions fight for their position in the herd in Aschau in the Tyrol, Austria on Sunday. To avoid injuries on the alp, the horses fight for leadership of the herd in a paddock. After the fight, the stallions stay the whole summer at an alp. KERSTIN JOENSSON/THE ASSOCIATED PRESS



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Spain working on legal shield for retiring king

Scandals. Regal immunity stopped lawsuits seeking to have Juan Carlos undergo two paternity tests two years ago

Spain is preparing a form of legal indemnity to cover King Juan Carlos once he abdicates the throne in favour of his son.

When 46-year-old Prince Felipe takes over as head of state on Thursday — he will become Felipe VI — the 76-year-old Juan Carlos will lose the legal cover he has enjoyed since becoming king in 1975.

Deputy Prime Minister Soraya Saenz de Santamaria says the new indemnity should shield Juan Carlos, who in retirement retains his title of king, from legal probes. Any possible legal case involving him would be examined by the Supreme Court, which has a much higher threshold for evidence.

His immunity stopped two lawsuits in 2012 seeking to have the king undergo two paternity tests.

Juan Carlos became king two days after the death of longtime dictator Gen. Francisco Franco, who had named him as his successor. He



Spain's Princess Letizia and Crown Prince Felipe attend a ceremony at the Royal Palace near Madrid in this June 9 photo. Felipe will become the next king when King Juan Carlos abdicates the throne Thursday in favour of his son. DANIEL OCHOA DE OLZA, POOL/THE ASSOCIATED PRESS

earned massive popular support by rejecting a 1981 coup attempt, thus ensuring a smooth transition to democracy, but his popularity of late has been dented by scandals involving him and his family.

He sparked public anger by taking a secret elephant hunting trip to Botswana in 2012 at the height of Spain's financial crisis.

The monarchy's standing was also hurt by a criminal investigation into the king's son-in-law, Inaki Urdangarin, on suspicion of embezzling large amounts of money. Juan Carlos' youngest daughter, Princess Cristina, was required to testify as a named suspect in the fraud and money-laundering case targeting her husband.

In his 2012 Christmas address, Juan Carlos tried to distance himself from the scandal, saying "justice is equal for all."

Now, some politicians like Pedro Sanchez of the opposition Socialist Party say Juan Carlos should stand by those words and allow his immunity to be eliminated.

THE ASSOCIATED PRESS

In pictures



1 France. Of hats and horses

A spectator attends the Prix de Diane horse race, a flat horse race open to fillies, in Chantilly, west of Paris, Sunday. JACQUES BRINON/THE ASSOCIATED PRESS

2 India. Mass wedding

A bride celebrates during a mass wedding for a hundred couples from the economically weaker sections of the society in New Delhi, India, Sunday. TSERING TOPGYAL/THE ASSOCIATED PRESS

3 Denmark. First Colour Run

Competitors take part in Denmark's first ever Colour Run, in Copenhagen on Sunday. Almost 10,000 runners got themselves painted in all the colours of the rainbow in the five-kilometre race. DITTE VALENTE/THE ASSOCIATED PRESS

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Revoking pardon constitutional: Feds



Raed Jaser appears in court in Toronto in this artist's sketch from April 2013.
JOHN MANTHA/THE CANADIAN PRESS

Alleged Via Rail plot.
Raed Jaser asking court to reverse parole board's decision last year following new terrorism charges

Parole officials did not trample on the rights of an accused terrorist by revoking

his criminal pardon based on the unproven charges he faces, the federal government argues in newly filed court documents.

There was "no abuse of process" when the Parole Board of Canada moved last year to pull Raed Jaser's pardon for various convictions after he was charged with plotting to derail a Via passenger train, federal lawyers

say in the submission to the Federal Court of Canada.

Jaser, 36, says officials made a "perverse and capricious" finding that he was no longer of good character, due to the new terrorism charges.

He is also challenging the constitutionality of a section of the Criminal Records Act used to revoke his pardon.

Jaser, a Toronto resident, and Chiheb Esseghaier of

Montreal were arrested in April last year.

After coming to Canada with his family, Jaser ran into trouble with the law but later applied for a criminal pardon, now known as a record suspension.

In 2009, he was pardoned for uttering threats and fraud-related convictions between 1997 and 2001.

THE CANADIAN PRESS

Military suicides. DND ignored advice to ease probe backlog: Documents

National Defence was told two years ago how to ease the backlog of investigations into military suicides — but the department chose to ignore the recommendation.

The department's director of special inquiries told officials in the spring of 2012 that the system could be improved by changing the agency responsible for the inquiries, newly released documents show. The Canadian Press obtained the documents under the Access to Information Act.

The change involved moving the responsibility to conduct boards of inquiry, from

the overworked director of casualty support management to the chief of review services. But the switch was "not deemed necessary" by senior officials, even though the number of unresolved cases continued to pile up and military families were — in some instances — left in the dark about circumstances that may have contributed to their loved one's death.

The lack of urgency to clear the backlog of investigations looks similar to the dawdling over the long-promised plan to hire more mental health staff at defence.

THE CANADIAN PRESS



Canadians list their heroes

Terry Fox meets with then-prime minister Pierre Trudeau in Ottawa in July, 1980. The men top a list of the country's greatest heroes compiled from an online survey of Canadians and handed to the Harper government in the run-up to Canada's 150th birthday in 2017. The Top 10 list features some of the Conservative party's greatest adversaries, past and present, including Trudeau, Jack Layton, David Suzuki and Lester B. Pearson. Only one clearly identifiable Conservative appears: Sir John A. Macdonald, Canada's first prime minister, in eighth place.

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Jacob Hoggard at MMVAs

Jacob Hoggard gestures in front of audience members as his band, Hedley, performs the opening number at the 2014 Much Music Video Awards in Toronto on Sunday.

CHRIS YOUNG/THE CANADIAN PRESS

Ottawa woman's journey from the streets to the law

University of Ottawa.

A troubled life left her homeless at 16 — but eight years later, she's a law school graduate



TREVOR GREENWAY
Metro in Ottawa

Eight years ago, Raphaëlle Ferland was living on the streets with a substance abuse problem and what seemed like no way out.

But she never gave up.

The 25-year-old woman spent Sunday at the National Arts Centre, dressed in a black cap and gown, ready to walk across the stage to pick up her law degree.

It's something that Ferland would have found hard to imagine a decade ago, struggling through a troubled upbringing that left her homeless at 16.



Raphaëlle Ferland accepts congratulations from University of Ottawa dean of civil law Sébastien Grammond, at her convocation. TREVOR GREENWAY/METRO IN OTTAWA

"If you told me 10 years ago when I was on the streets, if I would ever be in law school, I would have probably just laughed in your face," said a proud Ferland, who graduated from the University of Ottawa's law program Sunday.

"Whereas today, I'm here."

The troubles began for Ferland at a very young age and didn't seem to get any better until she decided to do something about it.

She fled her troubled home life and spent months on

friend's couches and "bouncing around" before ending up on the streets.

Several years later, she made her way to law school.

Her struggles were not over, however: Ballooning tuition costs became a real challenge.

"I have worked through it all, but there are still struggles ongoing," she said. "If I compare my life now to even just a few years ago, it's not even comparable."

Ferland wants to draw from her street experience to become a criminal defence lawyer — and a voice for those living on the margins who get into trouble with the law.

And she wants to inspire those looking for a way out of homelessness, by presenting herself as a case study to show that it's never too late.

"You just can't give up," she said. "If you want something, there will be so many hurdles in your way. But if you overcome those hurdles, the rewards are enormous."

Mindfulness is making its way into Ontario jails



SCOTT TAYLOR
Metro in London, Ont.

"But it's not really in Ontario yet. It's all over the United States, though."

Hardy goes into the jail every Thursday night, throws down some mats, "and we stretch."

Behind the walls of the infamous Elgin-Middlesex Detention Centre, where violence and fear is a daily fact of life, one man is trying to make a difference with a mat and an attitude of spirituality.

Jeff Hardy has opened the world of yoga to the inmates.

"Mindfulness is the up-and-coming thing in social work," he said,

Tall and solid with a thick beard and some body art, the former probation officer doesn't look too out of place as he sits with the rest of the inmates.

To get in, he used his connections in correctional services and pitched the pow-

ers that be in a PowerPoint presentation, which seems to have done the trick.

The results, he said, have been tremendous.

A binder full of positive feedback proves it.

The biggest complaint, he said with a laugh, came when he showed up and the inmates asked, "Hey, where's the chick?"

"I started off with the kitchen staff at the jail because they're the motivated guys. They want to work and

get out of there," he said.

While no one connected with the jail was authorized to talk publicly about it, Hardy said they approve of the program.

Now he hopes to receive funding from the Ontario Trillium Foundation to spread the good karma to prisons across the province.

"The social work I do at my desk, it would take months to get the breakthroughs I get with them after 45 minutes on a yoga mat," he said.



Jeff Hardy, a social worker and former probation officer, says yoga is being embraced by inmates in one tough Ontario jail. SCOTT TAYLOR/METRO

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The memorial at the Codiack RCMP detachment in Moncton, N.B., shown on June 8. SEAN KILPATRICK / THE CANADIAN PRESS

Thousands run in race to honour fallen Mounties

Moncton. Racers shake hands of officers as makeshift memorial is dismantled in front of RCMP detachment

A memorial race was held Sunday in Moncton to honour the three officers gunned down on June 4. As people ran past the Codiack RCMP detachment, every runner stopped to shake the hands of Mounties dressed in their red serge, who were dismantling the memorial, said Sgt. Alain LeBlanc.

"What happened was quite amazing. It was very unique," said LeBlanc, who is based in Nova Scotia but came to New Brunswick over the weekend

to help out. "I think the members needed this. It was very impromptu, unexpected."

LeBlanc described it as a final salute and said the roughly 40 officers were moved by the outpouring of appreciation from the runners, many of whom were dressed in red.

Run organizer Armand Doucet said he used to run with Const. Douglas Larche and wanted to do something to help the families of the officers.

"When we found out (Larche) had passed away, we decided we were going to honour him," said Doucet of the walk and run, dubbed 3 km For 3 Fathers, which also raised money for the families.

LeBlanc said the memorial on the steps of the detachment — which included flowers,

Permanent memorial

In the days following the shootings and manhunt, the detachment in Moncton became a place for the public to mourn the Mounties and offer their condolences.

- Moncton Mayor George LeBlanc said on the city's Facebook page that a permanent memorial will eventually be erected.

gifts and notes — took about an hour to take down. Dozens of people watched.

He said some of the items will go to the families of Larche, and fellow constables Fabrice Gevaudan and Dave Ross. **THE CANADIAN PRESS**

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Protests take violent turn in Brazil amid World Cup games

Rio de Janeiro. The demonstrations have turned violent largely due to the presence of the Black Bloc

A police officer can be seen on an Associated Press video firing what appeared to be a live pistol round at anti-World Cup protesters Sunday near Rio de Janeiro's Maracana soccer stadium.

During the small but violent protest that played out about 1.5 kilometres from the stadium, another man in plain clothes who identified himself as a police officer also pulled a pistol and fired two shots into the air.

Pedro Dantas, a spokesman for the Rio government agency that oversees all security forces, said that if authorities verified the accuracy of the video, "we'll immediately open an investigation into the incident."

The action took place around the beginning of the soccer game between Argen-

tina and Bosnia-Herzegovina — the first World Cup match played in Maracana stadium since 1950. Another protest occurred in the capital, Brasília, but drew only a handful of participants, and a small protest also was held in Porto Alegre.

Mass protests broke out across Brazil during last year's Confederations Cup soccer tournament, the warm-up to FIFA's premier event. At that time, more than one million Brazilians took to the streets on a single day in the largest demonstrations this South American nation had seen in a generation.

But those protests died down after about two weeks. Since then, hundreds of smaller, violent protests have been seen across the country.

The demonstrations have turned violent largely because of the presence of masked adherents to the "Black Bloc." Black Bloc is a violent form of protest and vandalism that emerged in the 1980s in West Germany and helped shut down the 1999 World Trade Summit in Seattle.

THE ASSOCIATED PRESS



Police guard the streets near the Maracana stadium before the game between Argentina and Bosnia during the 2014 soccer World Cup in Rio de Janeiro, Brazil, on Sunday. SILVIA IZQUIERDO/THE ASSOCIATED PRESS

JetBlue

Toddler forced to urinate in seat during flight: Mom

A Massachusetts woman says she was nearly kicked off a flight after her three-year-old was forced to urinate in her seat.

Jennifer Deveraux says the plane was delayed on the tarmac when her daughter, Summers, asked to use the bathroom. But Deveraux says the flight attendant said, "No, sit down," and Summers urinated in her seat.

Deveraux says she got up to clean the mess and the attendant yelled at her again.

Deveraux says the pilot announced that a noncompliant passenger was being taken to security. But Deveraux was allowed to stay onboard.

JetBlue says it's investigating. It later tweeted that "there are very strict FAA regulations when a plane is on the tarmac."

THE ASSOCIATED PRESS

Scarred by pit bull

KFC allegedly asks three-year-old with facial scars to leave

KFC Corp. says it's investigating allegations that an employee in Jackson, Miss., asked a three-year-old to leave

a restaurant because her facial injuries frightened other patrons. A spokesman says KFC is also giving \$30,000 toward her medical bills.

The allegation was made Thursday on "Victoria's Victories," a Facebook page following Victoria Wilcher's recovery from a pit bull attack in April. Photos show her facial scars and cartoon-

decorated eye patch.

KFC posted an apology on the page, requesting details.

Spokesman Rick Maynard said that the donation will be made regardless of what the investigation finds.

The page's administrator wrote Sunday that "Victoria's Victories" had gone from 250 people to thousands.

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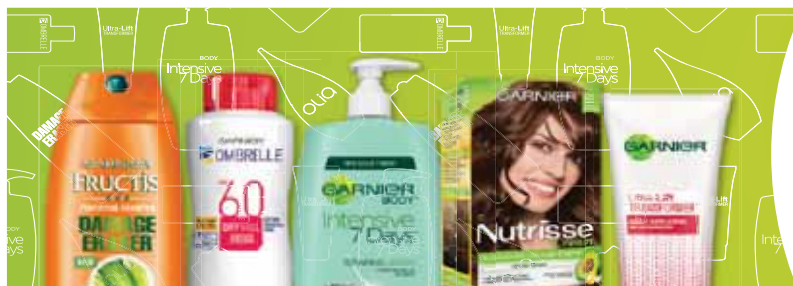
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Bangkok's go-go bars a go once again

'Party city.' Curfew lifted in Thailand's capital after generals took power in May

The generals who seized power in Thailand last month disrupted one of the country's most lucrative industries — the go-go bars that were forced to close early because of a curfew.

Now the junta has lifted the curfew, giving a green light for Bangkok's red-light districts and other evening activities to roar back to life. For the first time in a month, Saturday night freedom returned to the Thai capital.

"This is a party city, that's why we're here," said Dan Moore, a 40-year-old visitor from England who had arrived Saturday morning and planned to stay up all night to

celebrate a friend's bachelor party. He had flown in, just like the 1980s pop song says, for "One Night in Bangkok."

Moore's group started the night on one of the capital's most infamous red-light streets, Soi Cowboy, where they toasted the curfew being lifted.

"As for what happens the rest of the night? Who knows. This is Bangkok," said the groom-to-be, another Englishman, who asked to be identified just by his first name, Darren, to save his future marriage.

Bars featuring pole dancers are by no stretch the only nightlife in Bangkok, but they are the most notorious. The lifting of the curfew on Friday was part of a more general campaign by the junta to "return happiness to the people" of this politically polarized country.

THE ASSOCIATED PRESS



Tourists and locals eat and drink at a restaurant on Bangkok's Khaosan Road on Saturday. APICHART WEERAWONG/THE ASSOCIATED PRESS

Genetically modified. Seeds of discontent dog plans for GMO field maps

Oregon is looking into mapping GMO field locations across the state after the governor ordered it last fall, but the process faces many challenges.

The move was spurred by several cases of genetic contamination in the region that rendered non-engineered crops unsellable on the export market.

If the mapping goes ahead, Oregon would be the first state to mandate measures for co-

existence between modified and non-modified crops.

Biotech companies and farmers who plant GMO crops say they already coexist and that mapping could lead to crop sabotage.

Organic farmers and others say a mandatory mapping system could increase transparency and help pinpoint the cause and location of genetic mixing.

THE ASSOCIATED PRESS

Thomas Land comes to U.S.

All aboard the Thomas the Tank Engine theme park

Thomas the Tank Engine, the talking cartoon train that has thrilled millions of children around the world, and Edaville USA Railroad in Carver, Mass., a favourite destination of generations of southeastern New England families, are teaming up on a permanent



Thomas the Tank Engine. EDVILL USA/THE ASSOCIATED PRESS

Thomas-themed park.

Groundbreaking on the first Thomas Land in the U.S. is scheduled for next month, and the park is expected to open for business in summer 2015. THE ASSOCIATED PRESS

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Israeli soldiers take their positions Sunday during a military operation searching for three missing teenagers, near the West Bank city of Hebron. MAJDI MOHAMMED/THE ASSOCIATED PRESS

Netanyahu alleges Hamas kidnapped Israeli teenagers

Escalating tensions. Israeli troops arrest dozens of members of Hamas and close off West Bank roads in a frantic search for three missing youths

Israeli troops on Sunday arrested some 80 Palestinians, including dozens of members of Hamas, in an overnight raid in the West Bank as the prime minister accused the Islamic militant group of kidnapping three teenagers who went missing nearly three days ago.

The crisis escalated already heightened tensions between Israel and the new Palestinian government, which is headed by Western-backed President Mahmoud Abbas but backed by Hamas. Israel, which considers Hamas a terrorist group, has condemned the alliance and said it holds Abbas responsible for the teens' safety.

"Hamas terrorists carried out Thursday's kidnapping of three Israeli teenagers. We know that for a fact," Netanyahu said. "Hamas denials do not

change this fact."

Netanyahu provided no evidence to back his claims. Palestinian officials rejected Netanyahu's contention that they are responsible. Hamas, meanwhile, praised the apparent kidnapping but stopped short of accepting responsibility.

The three youths — Eyal Yifrah, 19, Gil-Ad Shafer, 16, and Naftali Frenkel, 16, who is also a U.S. citizen — disappeared Thursday night as they were heading home from a West Bank religious school.

Officials confirmed that one of the teens called a police emergency line around 10:25 p.m. and said, "We've been kidnapped." They have not been heard from since then.

The case has riveted the nation's attention, receiving around-the-clock coverage in local media. Late Sunday, more than 10,000 people converged at Jerusalem's Western Wall, the holiest site where Jews can pray, for a special mass prayer, police said.

Palestinian militants have repeatedly threatened to kidnap Israelis, hoping to use them as bargaining chips to win the release of prisoners held by Israel. This would be the first

time three civilians have been taken at the same time.

The overnight arrest raid was concentrated in the southern West Bank city of Hebron, in the area where the youths disappeared. Israel imposed a closure on the area, restricting traffic in hopes of preventing them from being smuggled out.

A Hamas website said more than 60 of those arrested were members, including senior figures in the movement.

THE ASSOCIATED PRESS

Co-operation

Despite the exchange of accusations, security officials from Israel and Palestinian forces have been co-operating closely in the West Bank trying to find the kidnappers.

- President Mahmoud Abbas met with his security chiefs late Saturday and urged them to do anything they can to contribute to the search, said a senior Palestinian official who spoke on condition of anonymity.



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Monday, June 16, 2014

NEWS

17



Afghanistan's presidential candidate Abdullah Abdullah, centre, arrives for a news conference in Kabul, Afghanistan, Sunday.
MASSOUD HOSSAINI/THE ASSOCIATED PRESS

Afghans brave Taliban threats, violence to vote

Presidential election. While scattered attacks by insurgents occurred, more than 7 million Afghans voted Saturday

Insurgents cut the fingers off nearly a dozen voters and killed 11 other people, including four election workers, to punish them for voting in this weekend's presidential runoff, officials said Sunday.

The Taliban had warned people not to participate in Saturday's vote. The two candi-

dates, former Foreign Minister Abdullah Abdullah and former Finance Minister Ashraf Ghani Ahmadzai, have both vowed to improve ties with the West and sign a long-delayed security pact allowing nearly 10,000 U.S. troops to remain in the country for two more years.

Afghanistan was relatively quiet the day after the second round of voting as the process of counting the votes began. Official preliminary results were to be announced on July 2, with final results released on July 22. The commission plans to release partial results in the coming weeks. A series

of rocket barrages and other scattered attacks did occur that Interior Minister Mohammad Umar Daudzai said killed 47 people, including 20 civilians and an election commission worker. He said 60 militants were killed.

The election will likely mark the country's first peaceful transfer of authority, an important step toward democracy as foreign combat troops leave.

The Independent Election Commission said initial estimates showed that about 60 per cent of the country's 12 million eligible voters participated.

THE ASSOCIATED PRESS

Egypt

Teacher gets six months in prison for insulting Islam

An Egyptian appeals court upheld a blasphemy conviction against a Coptic Christian teacher and sentenced her to six months in prison on Sunday, overturning an earlier ruling that only imposed a fine. Egypt's state news agency MENA said the court ruled that elementary school teacher Dimyana Abdel-Nour had insulted Islam in front of her pupils. Last year, Abdel-Nour was ordered to pay a fine, but she appealed. The prosecutors also appealed, saying the crime must be punishable by a prison sentence.

THE ASSOCIATED PRESS

Rome. Pope says Europe is becoming 'tired,' with low birth rates, bleak futures

Pope Francis on Sunday criticized Europe for becoming what he called "tired" because of low birth rates and the increasing numbers of young people who neither work nor study.

Francis delivered the harsh assessment as he visited an ancient Rome basilica in Trastevere, a traditionally working-class neighbourhood that is also home to a Catholic organization, Sant'Egidio Community, whose volunteers help the elderly, immigrants and other needy.

Francis said Europe often "discards" both its elderly, by shunting them aside, and its

young, by failing to provide work. "A people which doesn't care for its elderly, which doesn't take care of its young people, is a people without a future, a people without hope," Francis said.

The pope said by helping both young and old, "you begin to renew society."

Last week, Francis cancelled two days of meetings after coming down with what the Vatican would only describe as a "mild" illness. He was back in the public eye Wednesday, appearing to hold up well in the hot, humid heat during his weekly audience.

THE ASSOCIATED PRESS



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metro

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BUSINESS

metronews.ca
Monday, June 16, 2014

Follow your gut and your mind when making financial choices



HOW TO ROLL
Alison Griffiths
metronews.ca

Short of owning a crystal ball — and I've never been able to find one that worked — successful investing is about following two basic rules. They won't make you rich in and of themselves but they will prevent you from becoming poorer.

1. Ask questions

Financial advisers of all stripes should consider education part of their job. Unfortunately too many are focused on selling product in a largely commission-based industry. Because of this, investors must be proactive.

There's no such thing as a stupid investment question. The industry is unnecessarily

riddled with jargon, and it can take considerable probing to uncover what the bafflegab means.

If you don't get an answer, or don't understand the one you got, ask again. Also, request examples and visual representation of what the adviser is saying.

Sadly, many in the industry don't really fully understand what they're selling. Often they avoid being exposed by making people feel stupid, which only adds to their confusion.

If you don't understand how a product works or what it does to benefit your portfolio, don't buy it.

2. Trust your gut

Without fail, virtually everyone who has ever told me about a investment they regret has also confessed they felt uncomfortable or uncertain from the get-go.

You are far less likely to lose money by not doing something than by taking a leap into the unknown. Considering there's a stock market correction of 20 per cent once every five years on average, do you want to take chances with money intended for your retirement? Don't forget, it can take up to a decade to recover from a downturn.

This rule doesn't mean you should invest based on emotion. Far from it! However, I have seen time and time again that those who trusted a nagging feeling were saved from some very bad investments.

If in doubt, keep your money in a higher-interest savings account and bonds until you are confident of a product or strategy. You might not make much money, but it's far better than losing it.



Financial advisers can't predict the future with a crystal ball, but skilled advisers may help you make your own smart investment decisions. CHRISTIAN SCHNETTELKER/Flicker

PRELIMINARY APPROVAL NOTICE OF PROPOSED SETTLEMENT AGREEMENT WITH THE ATTORNEY GENERAL OF NOVA SCOTIA

TO: Former Residents of the Nova Scotia Home for Colored Children

RE: Elwin et al. v. Nova Scotia Home for Colored Children et al. – Hfx. No 343536

What is this notice?

A law suit against the Province of Nova Scotia has been conditionally settled regarding allegations of abuse suffered by former residents of the Nova Scotia Home for Colored Children. If you lived at the Nova Scotia Home for Colored Children at any point between January 1, 1921 and December 31, 1989, you may be a member of the Class. Your legal rights may be affected by this settlement. The Settlement Agreement must now be approved by the court.

What are the terms of the settlement?

The Province of Nova Scotia will pay \$29,000,000.00 into a trust account. After court-approved legal fees, taxes, disbursements, and administration fees are deducted, that money will be distributed to eligible former residents in accordance with an agreed-upon plan. You can read the full settlement agreement online at: www.voicesociety.ca, www.at-home-site.org, www.nshccsettlement.com and www.wagners.co.

What are the next steps?

A court hearing to approve the settlement agreement is set for July 7, 2014 in Halifax. You may attend but you do not have to. If you want to object to the Settlement Agreement, Wagners must receive your written objection - by July 4, 2014 OR you may also object in person on July 7, 2014 by appearing at the court hearing on July 7, 2014, to be held at the Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Do I have to do anything right now?

No. You may make a claim after the settlement has been approved. Another notice will be published after the settlement is approved giving more detail on how to make a claim.

Will I have to pay anything?

No. Class Counsel will ask the court to approve legal fees, disbursements and taxes, payable out of the settlement fund. Any such fees have to be approved by the court as fair and reasonable.

How can I get more information?

For more information, contact Class Counsel (lawyers for the settlement Class):

Wagners
1869 Upper Water Street
Suite PH301, Pontac House
Historic Properties
Halifax, NS B3J 1S9
Office: 902-425-7330
Toll Free: 1-800-465-8794. Fax: 902-422-1233
Web: <http://wagners.co>

Northern Gateway pipeline opponents plot the next move

Resigned to the idea that federal government approval of the Northern Gateway pipeline is probably inevitable, opponents of the project are formulating a plan to make sure British Columbia's politicians remain opposed to it.

For months now, members of the Dogwood Initiative have been preparing for a provincial referendum akin to the vote that forced the Liberal government to repeal the harmonized sales tax in British Columbia.

Should Ottawa give the pipeline the go-ahead by this Tuesday's deadline and the province issues the necessary permits and authorizations, spokesperson Kai Nagata said his group will be ready.

The B.C. government offi-

cially declared its opposition to Northern Gateway and told the federal panel reviewing the project that it shouldn't go ahead as planned. When Premier Christy Clark pressed for a greater share of government revenues for the project she said repeatedly that while the final decision is in the federal purview, there are about 60 permits the province will have to issue for construction to begin.

"So the province could hold construction in limbo indefinitely," Nagata said.

Under provincial legislation, for \$50 any registered voter can apply to Elections BC for a petition on their own proposed legislation. If approved, applicants have 90 days to collect the signatures of 10 per cent of the

registered voters in each of the province's 85 ridings.

The petitions are non-binding.

If the chief electoral officer verifies that threshold has been met, a copy of the petition and draft bill are sent to a legislative committee.

The Select Standing Committee on Legislative Initiatives can either table a report recommending introduction of the draft bill or put it to a public vote. If more than half of registered voters cast ballots in support, the government must introduce the bill in the legislature.

But even that is no guarantee of success. The bill proceeds as any other legislation, with MLAs free to vote as they wish. **THE CANADIAN PRESS**

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This summary notice has been approved by the Supreme Court of Nova Scotia.
Do not Contact the Court about this Notice.

LOBBYING FOR LOBBYIST REGISTRY

Lobbying exists at all levels of government, but Toronto is the only city in Canada with a lobbyist registry. Firms that want to do business with the city are required to register. Norm Kelly, Toronto's deputy mayor, is currently advocating that civic unions and non-profits should also be required to register.

I would have to agree. Edmonton looked at the idea of a lobbyist registry about seven years ago. The city concluded that a registry was not needed to protect taxpayers' interests, and that the public didn't want it. I take issue with both those findings and so should you. Transparency and accountability should be the hallmarks of everything this city does, and right now they aren't. The issuing of an untendered contract for \$351,000 to a Vancouver firm to help the mayor lobby for more LRT money is a case in point.

The question about registering lobbyists was never put to the public. The decision not to have a registry was based on a



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

three-month experiment in which five council members recorded the names of the people they met with to discuss land-use issues that were going for public hearings.

There are any number of things businesses and organizations want the city to do. Land use is only one of them. Make Something Edmonton, to which you and I are contributing about \$1 million of our tax dollars, is as much a lobbyist organization as any developer. There are lots of organizations and businesses that want to dip their hands into the public purse. I think we should know who they are and who they are trying to influence.

Since we have never been asked, it is a little difficult to determine whether you and I want a registry. I know I do. I want to know which groups, businesses and organizations meet with our mayor, councillors and representatives of the administration and why. Knowing who meets whom and what they are asking for just

Lobbyists

Since we have never been asked, it is a little difficult to determine whether you and I want a registry. I know I do. I want to know what groups, businesses and organizations meet with our mayor, councillors and representatives of the administration and why.

might provide some insight into the decisions the city makes — such as what gets built and who builds it and what organizations receive funds from the city.

I also want to know whether there is at least a six-month "cooling off" period when city employees leave their job and join a firm that does business with the city. Otherwise these same people can come back the next week and pitch the merits of the firm to their old buddies. And they could use inside information in order to achieve an advantage over their competitors. That's not my idea of good governance.

ZOOM

Follow Me To ...



The "Follow Me To" series, by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann, is attracting a lot of attention on social media and leading to new opportunities for the couple. COURTESY MURAD OSMANN

Sexy viral photos are well in hand

Since 2011, images of a sexy model leading her significant other around the world have captivated thousands of social media users. The "Follow Me To" series by Russian girlfriend-boyfriend team Nataly Zakharova and Murad Osmann returns with pictures from Hong Kong, where they've been commissioned by the local tourism board.

METRO WORLD NEWS

Accident leads to Hong Kong hire

Thanks to the viral success, Hong Kong's tourism board has hired the couple to promote some of the main tourist attractions across the city, like the Choi Hung Estate. But like many ideas, the project started by accident when during a trip to Barcelona, Nataly grabbed Murad's hand to catch his attention when he was too busy taking photographs.

METRO WORLD NEWS

The future

- The "Follow Me To" project has certainly made a huge social media impact, having garnered more than 1.1 million followers on its Instagram account.
- The couple are hoping to make some snappy travel guides on video, in an effort to allow their followers to get to know them and find out the backstory of their pictures.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



In this issue, you can find AR enhancements on page 20 in Scene and page 30 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Cat laps up punishment



ANDREW FIFIELD
andrew.fifield@metronews.ca

If you've ever tried to save a couch from the unwanted advances of a cat, chances are a spray bottle was the perfect partner as a bad cop. It's quiet. It's clean. But most importantly, it's effective.

Well, it is at least most of the time, but definitely not in the case of our pal Joey here. For the sake of his people, we're hoping he manages to keep his own nose clean, because the water bottle doesn't exactly seem like a behaviour-modifying punishment for this guy. (Hilary D/YouTube)



JOHN MOORE/GETTY IMAGES



Haven't heard Everything We Touch yet? Scan the photo with your Metro News app to see the video!

Say Lou Lou: Double the sounds, double the trouble from sisters

Symbiosis. Twin dream-pop singers are having plenty of success and maybe a little too much fun

RICHARD PECKETT

Metro World News in London

Miranda, one half of band Say Lou Lou, has recently returned from a short hospital visit after drinking a dram too much whisky at a recent U.K. festival where they supported Kelis. The identical twin sisters — Miranda (brunette) and Elektra (blond) Kilbey — insist that the booze-fuelled post-party session was a once-a-year blowout that they put down to the adrenalin and lack of dinner. Really, they've no reason to explain themselves: the half-Swedish and half-Australian musicians have every right to be on a high with their EP *Everything We Touch* dropping to the applause-like click clatter of keyboard pundits.

That said, the singer-songwriters aren't the type to believe the media hype: They've been grounded in the fickle music industry since birth with both parents fronting bands — Karin Jansson (Pink Champagne) and Steve Kilbey (The Church). Here, the 23-year-old dream-pop duo, who trade sibling snipes faster than a rap battle on speed, come to Metro for some therapy on the run-up to the release of their debut album, due out this fall.

It sounds like you had a good



Elektra, left, and Miranda Kilbey. CONTRIBUTED

night at the Great Escape festival.

Miranda and Elektra Kilbey (together): We opened for Kelis, it was so much fun. It was a really good night.

Miranda, what happened to you?

Miranda: Ugh, yeah, I fell over and hit my head after the party

and that was my own fault. It was Jameson's fault.

Jameson... the whiskey?

Miranda: Yeah [laughs].

Your night sounds very rock 'n' roll.

Miranda: Everyone says that, but you're like no, but yeah, but no, but...

Is it just a bit grubby?

Miranda: Yeah [laughs].

It seems like you've spent most of your lives on tour. Where do you call home?

Elektra: Honestly, we've been in London the most. We had two flats but we don't now because we have so many festivals this summer and it's going to be like in and out with two days here and one day there. We're really craving a base now. The amount of time spent sleeping on couches and hotels is getting ridiculous.

Miranda: Yes. It's ridic. We're constantly on tour. It's weird, I feel like we didn't wash our clothes for two weeks. We were walking around with dirty socks; I feel now that I need someone to look after me a bit.

Were you feeling a bit homeless swigging Jameson with dirty socks?

Miranda: Yes

Elektra: Miranda, we were staying in a hotel!

Miranda: I still felt homeless because all our stuff was dirty and nobody was looking after us.

Miranda, you're the older twin, so shouldn't you be the more dominant sister?

Miranda: I'm a very strong four-minutes-older, but Elektra is the more strong-willed and stubborn one. But I'm the kinder sister.

Elektra: She is not the kinder sister; she is the wimpier sister.

Miranda: I'm not wimpy, Elektra.

Elektra: I wouldn't say wimpy, but I would say soft-hearted. She is more sensitive and emotional.

Miranda: Elektra, you are cold-hearted. She judges people too quickly.

Elektra: It's called human instinct and I follow it.

Miranda: If people make mistakes like I did last week, she makes you feel bad about it.

Elektra: This isn't Dr. Phil-style therapy, Miranda.

Miranda: This is Dr. Rich.

This is quite a strange dynamic. So who's the evil twin?

Miranda: Elektra.

Elektra: I'm not an evil person. If you have to make one evil and one good, then I guess I'll be the evil one if that means being great, determined and strong-willed.

Do you have a twin form of non-verbal communication?

Miranda: Yes, facial expressions. Elektra does this wide-eyed face and bounces her head to tell me to shut up.

Elektra: And when we're hanging out with people who are annoying or we don't like, we give each other glances and we hate them in our heads. Unfortunately, Miranda, we can't see each other, so we can't tell each other how annoying Rich is, but I guess we'll do it later.

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Brief



MoMA shows love for Bjork app

Bjork's multi-sensory musical experiment Biophilia has become the first app to be included in the collection at New York's MoMA.

The Icelandic star's 2011 interactive album has been introduced to the museum's permanent collection, providing myriad media options, including animations, games and interactive graphics for each track. Listeners find themselves in the album's 'galaxy,' able to explore each song with lyrical analyses and explanations of the score. Bjork is famous for pushing the boundaries of the artistic disciplines with her collaborative projects and Biophilia was the first album app ever made.

AFF

A wide open field of memories

Anniversary. The cast of *Field of Dreams* gathered in Iowa over Father's Day weekend to relive making the beloved sports film

Actor Colin Egglesfield wasn't in the classic baseball film *Field of Dreams*.

But if they built a screen in centre field, he would come.

When Egglesfield heard about plans to celebrate the 25th anniversary of the movie's release during Father's Day weekend in Iowa, he flew to Sioux Falls, S.D., picked up his dad and drove six hours to the farm in Iowa where it was filmed.

The Los Angeles-based Egglesfield, most recently seen on TV shows such as *Rizzoli and Isles* and *The Client List*, and his father reached rural Dyer-ville in time for a viewing of the movie on the outfield grass with scores of others, including star Kevin Costner.

That's when "Hey dad, you want to have a catch?" got them all, all over again.

"My brother had one arm around my dad. I had my arm around him as well. It was just water works," Egglesfield said of the film's memorable final scene. This weekend's emotional reunion in Iowa showed why *Field of Dreams* still resonates with so many.

The site of the Oscar-nominated film about an Iowa farmer who hears a voice whisper, "If you build it, he will come" — and follows through on his vision by building a baseball diamond over a corn field — has itself become a tourist destination since the movie's release in 1989.

So it was only natural for the farm in northeast Iowa to host a three-day celebration of the film that made it so famous.

Stars such as Costner and Timothy Busfield joined celebrities like Egglesfield, past American League Cy Young award winner Bret Saberhagen and thousands of fans from all over the Midwest at the remote locale. Costner played the role



Kevin Costner fields a ball during the celebrity softball game at the 25th anniversary celebration of *Field of Dreams* Saturday. THE ASSOCIATED PRESS

of Ray Kinsella, the farmer whose diamond lured both the 1919 Chicago Black Sox and his own long-gone father out of the cornstalks beyond left field.

Twenty-five years later, Costner brought his wife and kids back to Iowa to reminisce about his role in one of the most beloved sports movies of all time.

"I'm glad to be here with

friends and old acquaintances and making some new ones, and for my children to be a part of this," Costner said. "It's certainly a high mark for me, this little movie, and it remains so."

The weekend was jam-packed with activities like celebrity softball games and concerts from the Gin Blossoms, Joan Jett and the Blackhearts,

and even Costner's own country band, Modern West. But perhaps the biggest item on the agenda was a game of "remember when" — for fans and actors alike. Busfield, who played Ray Kinsella's brother-in-law Mark, said the moment when Shoeless Joe Jackson, played by Ray Liotta, drilled a liner at Costner's feet after he dared the White Sox star to hit his curveball is still his favourite.

Actor Dwier Brown, who played Kinsella's father, talked about how much Costner's famous plea to Liotta — "What's in it for me?" — still makes him chuckle.

Broadcaster Bob Costas, who hosted a Q&A with the cast on Friday, talked about how much he enjoyed Burt Lancaster in the role of Moonlight Graham, a ballplayer-turned-doctor who gave up his second shot at a baseball career to save Kinsella's daughter from choking on a hot dog. What all the actors have in common are warm memories of a movie that's nearly as popular now as when it was released in 1989.

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Ben Affleck. ALL PHOTOS GETTY IMAGES

Gambling is the lesser of Ben's evils

Maybe Ben Affleck's gambling problem isn't such a problem, as wife Jennifer Garner is reportedly standing by him despite taking issue with his casino habit, according to Radar Online. "Jen is happy with Ben gambling because she feels like it keeps him focused," a source says. "The alternatives are

working, gambling and spending time with family or out on the town partying. Gambling replaces that last option. He's either working or gambling. His free time is non-existent. Now she has that rein on him, and gambling keeps him in check."

METRO WORLD NEWS

That's Dame Angelina to you

Angelina Jolie, actress, director, activist and now Dame received the title from The Queen in the annual list of birthday honours this weekend. Jolie was recognized for her work fighting against sexual violence in war zones. "To receive an honour related to foreign policy means a great deal to me as it is what I wish to dedicate my working life to," Jolie says in a statement. "Working on the Preventing Sexual Violence Initiative and with survivors of rape is an honour in itself. I know that succeeding in our goals will take a lifetime and I am dedicated to it for all of mine." Daniel Day-Lewis and



Angelina Jolie

Downton Abbey star Maggie Smith were also recognized Sunday. METRO WORLD NEWS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Have they found love in a hopeless place?



STARGAZING
Malene Arpe
scene@metronews.ca

What could it possibly mean that Rihanna and Chris Martin went out to dinner together? 1) They're having a torrid love affair. 2) They are working on a musical collaboration. 3) Gwyneth Paltrow told them to so that she may post a GOOP entry about consciously coupling her ex with another conscious being. 4) They were hungry at the same time.

Jennifer Lopez's now-ex Casper Smart reportedly didn't want to be known as "just her boyfriend." Henceforth, then, he shall be known as "just that guy who used to date a really hot superstar and now delivers your pizza."

Brad Pitt wears an adorable T-shirt with a drawing of himself and Angelina made by one of their children. That explains why Gwyneth Paltrow this past week was heard yelling "What's wrong with you? Why don't you love me? What am I supposed to tell your trendy new stepmom, Rihanna?" at Apple and Moses.



Cressida Bonas, who dated Prince Harry and was this close to becoming a princess if she would have just bothered to comb her hair, has been cast in a movie starring Judi Dench and Matthew Morrison. She'll play the girl who loads the pizzas into Casper Smart's car.

Performing at a concert, Miley Cyrus flung away a cardboard cut-out of Selena Gomez's face while singing the song FU. Calm down, everyone. It's not a feud or anything. FU stands for "Fly, Unbelievably beautiful friend person. I Fove U so much."

Kate Hudson says that "people have a right to [feel betrayed]" by her exes Lance Armstrong and Alex Rodriguez's predilection for performance-enhancing substances. She, on the other hand, is just happy no longer being asked to "pick up my prescription from Doctor Pills down behind the dumpster while I look at my glutes in the mirror."



Lana Del Rey

Lana Del Rey wishes she was dead

Her last album was called Born to Die, so maybe we shouldn't be too shocked by Lana Del Rey being exceptionally morbid, but her latest proclamation is sounding some alarm bells. "I wish I was dead already," she tells the Guardian during an interview after comparing herself to some late heroes like Kurt Cobain and Amy Winehouse. When the interviewer tries

to get her to take back the outrageous statement, Del Rey counters with, "I do! I don't want to have to keep doing this. But I am." So what's this "this" that she doesn't want to keep doing? "Everything. That's just how I feel. If it wasn't that way, then I wouldn't say it. I would be scared if I knew [death] was coming, but ..."

METRO WORLD NEWS

May The Force be with Harrison Ford

Harrison Ford's injuries on the set of the new Star Wars movie may be more severe than producers are letting on. While Ford reportedly hurt his ankle on the London set and is recovering, sources tell the Sun that there's a lot more to it. "We were told he had some pelvic injuries and may have had a chest X-ray," says a source, adding that Ford was airlifted to Oxford's John Radcliffe Hospital after a piece of the Millennium Falcon unexpectedly fell on him. "There's talk his ankle is actually broken. And he may



Harrison Ford

still be in the hospital. The cast is livid. They are openly questioning the safety of sets. They've asked for everything to be triple-checked." Ford's wife, Calista Flockhart, has reportedly rushed to London to be by his side while he recovers.

METRO WORLD NEWS

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Gail blogs daily at gailvazoxlade.com

Are you stuck?

From time to time I meet folks who are determined that they can't change their financial circumstances. Take Anna. She's got a job that pays her about \$12 an hour, a \$15,000 student loan and a couple of credit cards with balances. She can't see any way out of her current circumstances. Anna is one duck stuck in the muck. And she's among a flock of people so convinced they can't that they don't even try.

I believe that a lot of the problems people have dealing with their money stem from the simple Law of Inertia. The Law of Inertia says that a body at rest will remain at rest until some force acts upon it. And a body in motion will remain in motion. It is so much easier to maintain the status quo than to change.

Financial inertia is an epidemic. In an experiment conducted in Britain, the Brits' financial inertia was so great that the majority of people wouldn't even bother picking up a free £5 note if it were offered to them. What possible difference could £5 make?

Hey, if you don't mind being the duck that's stuck, no prob. Just stop your whining. But if you're determined to do



Are you a duck trying to stay financially afloat in a sea of debt? ISTOCK

something differently so you have a different outcome, you must start somewhere. You cannot save \$10,000 until you save \$1,000. You cannot save \$1,000 until you save \$100. You cannot save \$100 until you save \$10.

If you want to build a financial safety net, you must start by opening a savings account and creating an automatic savings program. If you want to stop spending money you haven't yet earned, you must stop carrying your credit

cards. You must change what you are doing or not doing, to something that works for you instead of against you.

I love change. Change is exciting. Change brings challenge, learning and a sense of the new. Change is full of promise. Change is audacious. It takes guts to change. It takes real guts. And guts are something that seem to be in short supply. If you have them, you'll make it. If you don't, so sorry: No guts, no glory.

So the question you have to

ask yourself today is this: Do I have the guts to change?

If your answer is "no," then don't waste your time whining and beating yourself up. You've made your choice, live with it graciously. But if you are brave, and ready to commit — if the answer is "yes" — then what are you going to change today? What small step will you take to move you from being at rest to being in motion? What will you do (not think about, not plan, not worry about, not whine about) to change what

your life looks like?

It doesn't matter whether you're old or young, rich or not-so-rich, highly educated or not. All over the world — and right here at home in Canada — people are woefully unprepared to handle their money. The problem is so huge that the Canadian government stepped in to see if it could help. After months of consultation and a fancy report, we got ... nothing. Zip, zero, zilch. Why? It seems nobody understands where to start.

Truth is, financial responsibility is our responsibility. There is no magic can-opener that will open up our skulls and pour in the information we need to know to be financially literate. And all the knowing in the world won't do a scrap of good if folks aren't prepared to do something.

So where do we start? With some hard work and the determination to make a plan and see it through. But only those folks with a stomach for facing reality will succeed.

If you've been feeling out of control — even desperate — rest assured, you are not alone. Now you have to decide if you have the guts to change. Decide that today is the day you'll do something different. It can be small. No one is asking you to move a mountain ... well, not in one push. Don't even know where to start? Head on over to www.mymoneymychoices.com and sign up. You'll be given a road map designed to build your financial literacy along with strengthening your financial foundation. Small steps forward will get you to where you really want to be.

You can put inertia to work for you. Or you can just remain one duck stuck in the muck. You decide.

Same-sex. Couple launch website to help gay dads

When Brian Rosenberg and Ferd van Gameren first brought their adopted son home, the couple headed online to find other gay dads who could share similarities to their new experience — only to come up empty.

Recently, the couple launched their website Gays With Kids — an online com-

munity for fellow gay dads.

As Toronto prepares to play host to World Pride festivities later this month, Gays With Kids co-founder Jonah Arnold said they've been thinking of families visiting the city and highlighting activities that would be of interest — both connected to and outside of the event. **THE CANADIAN PRESS**

Psychology of food

Study sheds light on food cravings

According to recent research published in the journal *Psychological Science*, that last bite of food is a pure taste sensation that will instill a lasting memory of the food in question and determine when you'll crave it again.

THE ASSOCIATED PRESS

Study. Researchers say white bread beneficial

The whole-grain craze kicked white bread into the ranks of junk food, but new research says to eat up and savour every pillowy bite due to the beneficial gut bacteria it promotes.

In a pilot study, a Spanish research team from the University of Oviedo in Spain concluded that the defamed staple encourages the growth of bacteria that actually protect against

disease rather than cause it.

The team worked with 38 healthy adults and asked them about their diets.

White bread provides hemi-cellulose and resistant starch, which encourages the spread of *Lactobacillus*. The health benefits associated with *Lactobacillus* include fever symptom reduction to protecting against salmonella. **THE ASSOCIATED PRESS**

3
THE

Money 101. Two couples, one year to make them richer

Oh, baby! Look at those numbers grow



I'm a financial coach guiding young Canadians to financial success, and since January 2014 I've coached two couples. In only six months, they've grown their combined net worth by more than \$46,000. Want to learn how? Follow along as I coach them for the remainder of 2014. — *Lesley-Anne Scorgie/for Metro*



Part of Anne-Marie and Peter's parenting to-do list is to start a registered education savings plan. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie and Peter welcomed their daughter into the world at the end of May.

They're thrilled to be new parents as they adjust to feeding and sleeping schedules along with reduced maternity leave income.

What's top-of-mind for the couple is establishing their daughter's registered education savings plan (RESP).

They completed the government forms in the hospital to set up her social insurance number and birth certificate, and can now meet with their local bank to establish the account.

An RESP allows parents to save for their child's education and benefit from government grants of up to \$7,200 through the Canadian Education Savings Grant and \$2,000 through the Canada Learning Bond (for lower income families) over the lifetime of the account.

Parents are allowed to contribute up to \$50,000 over the lifetime of the account.

Like any savings program, the earlier you save, the greater the money benefits from the power of

Anne-Marie and Peter recap

- | | |
|--|---|
| • Location: Toronto | ing off debt. |
| • Ages: 37 and 33 | • Rent or own: Rent |
| • Occupations: Broadcasting and sports editing | • Top goals for 2014: pay off debt, start an RESP, and start saving a down payment. |
| • Total household income: \$110,000 | • Current net worth: \$85,700 |
| • Life stage: First child arrived May 2014 | • Homework from last month: Evaluate balanced investments, have baby, apply for a SIN for the new baby and get ready to set up an RESP opportunities for Peter. |
| • Financial savvy: Medium — they use budgets to help guide spending, have some retirement savings, and are committed to pay- | |

compounded interest and reinvested returns.

While Anne-Marie is on maternity leave they plan to contribute \$25 per month to the RESP and have reduced their aggressive debt repayment plans to \$200 from \$800 per month.

Peter is working diligently to secure freelance contracts valued at \$18,000 and finalize his life insurance coverage.

Once the couple has adjusted to their new schedule, they will return their attention to their invest-

ment portfolio: exploring various mutual, index and exchange traded funds that are suited to their balanced investment personalities.

Anne-Marie and Peter's net worth has improved \$19,700 since January.

Homework:

Anne-Marie and Peter will establish an RESP and select investments better suited to their investment profile. **LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR. SHE RELEASED HER LATEST BESTSELLER, WELL-HEELED, IN APRIL.**



Carolina and Jose kept moving costs down by relying on close friends and family for help. SHUTTERSTOCK

Carolina and Jose

Carolina and Jose took possession of their new home mid-June and set out to keep moving costs low — renting a moving van, leaning on family and friends for baby-sitting and sheer muscle. The couple has prepared well for their first 60 days, which can be the most expensive, by working through a financial checklist:

- Switch over utilities, insurance and taxes to equal monthly installments.
- Negotiating insurance rates and coverage through a broker.
- Setting aside approximately \$500 for carpet cleaning, furnace and water tank maintenance.
- Planning for at least an extra \$100 on their first grocery bill for "what if" expenses like cleaning supplies.
- Setting up mail forward services for approximately \$50.
- Ensuring they've got their first bi-weekly mortgage payment of approximately \$550 ready for withdraw.

Jose was able to negotiate pro-rated rent on their existing property for June as the couple took possession mid-month. They also worked with their mortgage broker to reduce their rate

Carolina and Jose recap

- | | |
|---|--|
| • Location: Calgary | no retirement savings, and are committed to paying off debt. |
| • Ages: 33 and 32 | • Rent or own: Own |
| • Occupations: Stay-at-home mom and roofing | • Top goals for 2014: Pay off debt, buy a house and visit family. |
| • Total household income: \$62,000 | • Current net worth: Minus \$7,300 |
| • Life stage: Three daughters aged five, three and one | • Homework from last month: Move into their new home without busting their budget. |
| • Financial savvy: Medium to low — they recently established a budget, are very frugal spenders, have | |

further to 2.99 per cent, taking advantage of the recent reductions in five-year fixed mortgage rates.

By using their recent tax refund, and a little extra cash from Jose's job since his raise took effect, they scraped together closing costs of approximately one per cent, or \$2,500, of the new home's value.

Amidst the moving excitement, the couple is also celebrating Jose's new role as a safety co-ordinator at his roofing company. Besides the timely bump in income, Jose's company is paying for his national construc-

tion safety officer certification, which will enhance his career prospects. Carolina is considering a part-time multi-level-marketing role with a skin care company, which she can do from home.

Carolina and Jose's net worth has improved \$26,400 since January.

Homework:

Jose and Carolina will work through their 60-day checklist and get comfortable in their new home.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

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'Round the world wisdom

Awaken
yourself to
brand new
possibilitiesLESSONS FROM
THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

Closure is never as simple as it appears from the outside looking in. Within hours of crossing the finish line of my first multi-day ultra-marathon and reaching the end of

an emotionally charged six-month project, I experienced a feeling of emptiness. Just like that, it was over.

Twenty-four hours later, on the plane bound for home, I reflected on my experience in the Gobi. I had felt more alive than ever before, despite being completely exhausted. My rational brain called out for me to put my feet up and resume life as it had been before, while the emotional side was drawn by a gravitational pull toward what could or should be next — a common sensation for anyone completing a long journey.

By the time I landed, my bucket list had grown by 100 new items, each one an event with the potential of yielding another once-in-a-lifetime experience.

My intent was simple: Each year, I would purposefully knock two or three of them off the list. At the age of 45, my own finish line had suddenly come into focus, along with the fact that I was closer to

the end of my own "race" than the beginning. This realization was a tipping point, triggering the urge to live without regret and stop delaying nourishing pursuits.

Upon my return, I queried my family about their own dreams and ambitions so we could merge our lists.

I broke down the "buckets" by category: things to see, things to accomplish, things to do, and things to learn. I then attached a "by when" date, a specific deadline so the item would find a place in my calendar.

Finally, I wrote out who I would do each one with: family, spouse, kids, business partners, friends, strangers, or solo.

Sometimes, coming out of a difficult journey offers an unexpected gift: the presence of mind to finally think about everything else that is possible before it is too late.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

The unexpected
majors of celebs

Before these stars were red-carpet regulars, they were ordinary post-secondary students who declared their majors and took prerequisite classes just like everyone else. Find out which celebrity shared your major below.

METRO WORLD NEWS IN NYC



Kourtney Kardashian

The only one of the Kardashian sisters to earn a university degree, the reality star graduated from the University of Arizona with a bachelor in theatre arts and a minor in Spanish.



Ashton Kutcher

Before he rose to fame playing the dumber-than-a-box-of-rocks Kelso on That '70s Show, the sitcom star and producer was planning to study biochemical engineering at the University of Iowa.



Carrie Underwood

A year after winning American Idol, Underwood graduated magna cum laude from Oklahoma's Northeastern State University with a bachelor's degree in mass communication with an emphasis in journalism in 2006.



Jon Hamm

Decades before his character Don Draper enthralled fans, Hamm was an English major at the University of Missouri, even briefly teaching middle school after graduation.

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The personality picks the profession

Psychological success. The authors of *Do What You Are* encourage young job seekers to mix their character with a career

LAKSHMI
GANDHI
Metro World News

On the surface, the advice that young people should select careers that fit their personalities seems obvious, but a quick look at the stats reveals that it's anything but.

A survey released last year by Gallup revealed that nearly two-thirds of employees from over 180 countries reported that they were "not engaged" at work and that a mere 13 per cent of employees currently feel passionate about their work.

None of the figures are surprising to Paul Tieger. For over 30 years, the question of how people can find the right career



path for themselves has fascinated Tieger and driven his own career and work.

Along with Barbara Barron and his millennial-aged daughter Kelly Tieger, the author has

just released the fifth edition of the book *Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type*, which is geared towards the current generation

of professionals.

"When you are doing something that is not about who you are, that's a prescription for burnout," says Tieger.

"We believe through lots of experience that the most important thing is to pick a job and career that matches your personality," he continues. "Values, interests and skills are likely to change over time, but personality will not."

To that end, the book provides detailed exercises and examples to help guide readers towards the perfect career for them. Both Paul and Kelly Tieger say that it's particularly important for younger professionals — the so-called millennial generation — to be aware of their personalities and unique needs when deciding what to do next in their professional lives. They share these tips on how to find what's right for you:

Ignore the 'trendy jobs'

"It's a difficult economy, so it can be hard to buck the trend," notes Kelly Tieger. But while

Know thyself

The more you know your personality, the better, say the Tiegers.

- Career changers who want to discover their exact personality type and profile can take a quiz at personalitytype.com/dowhatyouare.
- And don't fret. "Just because you are creative doesn't mean that you are doomed to never make money," says Kelly Tieger. It just means that you creatively have to find the right path for yourself.

considering the current so-called trendy jobs, it's also important to be realistic. "Think of the typical artistic type," says Paul Tieger. "Those people really need to be true to themselves. The key is understanding what your strengths are."

He notes that people who

know that they would stress out in environments with tight deadlines should gravitate towards fields where they can give themselves the time and space they need.

See if you can make a lateral move

If you are certain that your current department or environment isn't working for you, see if you can make a lateral move within your organization, advises Kelly Tieger. Applying for a different position may not make a difference in your salary, but it will greatly enhance your quality of life.

Start early

If possible, the Tiegers say that you should examine fields that suit your personality as early as college. "Most people are asked to pick a college major when they are 19," says Paul Tieger. "And most people don't have a clue at that age. But you're probably not going to get someone who is philosophical and artsy to go on Wall Street."



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Tofu and Veggie Satays with Black Bean Hoisin Sauce make it a meatless Monday



This recipe serves four. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)



ROSE REISMAN
For more, visit
rosereisman.com or
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FLASH FOOD

From your fridge
to your table in
30 minutes or less

I love chicken, beef and shrimp satays, but if you're a vegetarian or you just want a healthy alternative for protein, try these tofu satays.

Tofu is a form of soybeans that is made by curdling soy milk and then being pressed into a sliceable cake. There are a few choices when it comes to tofu. Your best bet is to buy firm tofu because medium tofu is too soft and the extra firm too tough.

Once opened, cover unused tofu with water in a container and refrigerate for up to three days.

A four-ounce (half a cup) serving of firm tofu contains only 120 calories, seven grams of fat and as much calcium as an eight-ounce (one cup) serving of cow's milk. Compare this to beef, which has more than 200 calories and 15 grams of fat per four-ounce serving.

Health-wise, tofu is known the lower the risk of heart disease, certain cancers, Type 2 diabetes, and obesity.

Flavour-wise, tofu absorbs whatever flavours it's cooked with, which makes it versatile.

When grilling, be sure to cook on a medium heat so you don't char the tofu or vegetables which can cause carcinogens.

Feel free to substitute the vegetables of your choice and adding a fruit such as mango, papaya or peach would be delicious.

Directions

1. Thread bell peppers, onion and tofu alternately on 4 long or 8 short wooden or metal skewers, dividing the vegetables evenly among them. (If using wooden skewers, soak them for at least 20 minutes in water before using them.)

2. Sauce: Whisk the hoisin sauce, sugar, black bean sauce, low-sodium soy

sauce, sesame oil, freshly minced garlic and ginger in a bowl until smooth.

3. Spray a barbecue or a nonstick grill pan with cooking oil and heat to medium.

4. Grill the Tofu and Veggie Satays with Black Bean Hoisin Sauce, turning occasionally, for 10 minutes or until browned on all sides.

5. Brush half the sauce over the satays and continue cooking, turning occasionally, for another 10 minutes or just until the vegetables are soft. Garnish with cilantro and serve with the remaining sauce on the side.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 large green bell pepper, cut into 16 squares
- 1 large red bell pepper, cut into 16 squares
- 1/2 sweet onion, cut into 16 pieces
- 12 oz firm tofu, cut into 16 cubes (2-inch squares)
- 1/4 cup hoisin sauce
- 1/4 cup packed brown sugar
- 5 tsp black bean sauce
- 5 tsp low-sodium soy sauce
- 1 tbsp sesame oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- 1/4 cup chopped cilantro or parsley

Nutritional information

Per serving

- Calories. 240
- Carbohydrates. 38.7
- Fibre. 5.3 g
- Protein. 9.9 g

- Total fat. 7 g
- Saturated fat. 1 g
- Cholesterol. 0.5 mg
- Sodium. 501 mg

Stuffing the 'steak for vegetarians'

If you're looking for the perfect side dish or main vegetarian

meal, portobello mushrooms come to the rescue. These

hearty mushrooms are known as "steak" for the vegetarian. Stuffed with a delicious combination of spinach, goat cheese and baby spinach, this recipe is a satisfying meal.

for 15 minutes. Remove from and set the oven to broil.

4. Meanwhile, in skillet, heat oil and sauté onions until softened. Add garlic and chopped mushroom stems and cook 5 minutes until tender. Add peppers and spinach and cook until wilted, 2 minutes. Add Parmesan, olive oil and olives. Divide over top of mushroom caps and dot with cheese. Broil 1 minute, just until goat cheese is browned.

ROSE REISMAN

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 4 medium portobello mushrooms (stems removed)
- 1/2 cup seasoned dry bread crumbs
- 2 tsp vegetable oil
- 1 cup finely chopped onions
- 2 tsp chopped garlic
- 1/2 cup finely chopped mushroom stems
- 1/2 cup finely diced red bell pepper
- 3 cups fresh baby spinach
- 1/4 cup grated Parmesan cheese
- 2 tsp olive oil
- 3 tbsp chopped black olives
- 1/3 cup crumbled goat cheese

1. Spray a baking dish with vegetable oil.

2. Combine egg and milk. Dip portobellos in egg wash and then in the bread crumbs. Spray mushrooms with oil.

3. Place in 400 F (200 C) oven



This recipe serves two. ROSE REISMAN

France 3, Honduras 0

Benzema a force to begin tourney

Karim Benzema scored twice and created a third that was confirmed by goal-line technology as France beat Honduras 3-0 Sunday in its first World Cup match.

The dominant win was a relief for France, whose team of highly paid players failed to win in South Africa and was sent home in a disgrace after going on a training strike.

"Winning 3-0 at a World Cup isn't easy," France coach Didier Deschamps said. "(The players should) savour the moment, there's nothing more wonderful."

THE ASSOCIATED PRESS

Switzerland 2, Ecuador 1

Swiss earn comeback win in stoppage time

Switzerland grabbed a winner with virtually the final kick to earn a 2-1 victory over Ecuador in the World Cup on Sunday, extending a run of come-from-behind wins that are becoming a theme of the tournament.

With just seconds left in the third and final minute of stoppage time, substitute Haris Seferovic finished off a length-of-the-field move by slamming home a close-range shot. After wild Swiss celebrations, Ecuador's shell-shocked players barely had time to restart before the final whistle was blown.

It was the fifth time in the first nine matches in Brazil that a team had come from a goal down to win — but this was the most dramatic of all the comebacks.

THE ASSOCIATED PRESS



Argentina's Lionel Messi scores against Bosnia in Rio de Janeiro on Sunday. VICTOR R. CAIVANO/THE ASSOCIATED PRESS

Leo powers Argentine machine past Bosnia

World Cup. Messi's 65th-minute goal proves to be difference in Group F match

It took Lionel Messi just over an hour in Argentina's World Cup opener against Bosnia-Herzegovina to show why so many fans consider him the best in the world.

After a frustrating first half, the Argentina captain scored in trademark style in the 65th minute on Sunday night, completing a quick 1-2 connection with Gon-

Quoted

"He doesn't need much (help), because he's the best in the world. But there is always a context that can enhance him a little bit more."

Argentina coach Alejandro Sabella on his move to insert striker Gonzalo Higuain at halftime in order to get Lionel Messi more involved in the action

zalo Higuain and running through defenders before striking a brilliant left-footed shot off the post.

The goal — only the second for Messi on football's biggest stage — set off wild celebrations among the throngs of Argentine fans that had turned the famed

Maracana stadium into a sea of blue and white. It also energized an unimpressive Argentina team that was ahead at that point only because of an early own goal by Bosnia.

Vedad Ibisevic scored a close-in goal in the 85th, but Argentina held on to win 2-1

in the Group F match.

"It's the first game, I was anxious, nervous," Messi said. "It was important to start with a win. We've got to improve certain things, but it was important to start with the three points."

Bosnia got the worst possible start to its first World Cup when Sead Kolasinovic scored an own goal after just three minutes.

Messi sent a free kick from the left flank into the penalty area that Marcos Rojo barely touched before the ball bounced off Kolasinovic's foot into Bosnia's goal.

THE ASSOCIATED PRESS

Kaymer dominant in winning U.S. Open



Martin Kaymer reacts after completing his eight-stroke win at the U.S. Open on Sunday in Pinehurst, N.C. STREETER LECKA/GETTY IMAGES

Martin Kaymer returned to the elite in golf with a U.S. Open victory that ranks among the best.

A forgotten star for two years while building a complete game, Kaymer turned the toughest test of golf into a runaway at Pinehurst No. 2 on Sunday to become only the seventh wire-to-wire winner in 114 years of the U.S. Open.

Kaymer closed with a 1-under 69 — the only player from the last eight groups to break par — for an eight-shot victory over Rickie Fowler and

Pulling away early

65

Martin Kaymer set the U.S. Open record with back-to-back rounds of 65 to set the pace at 10-under 130 through Friday.

Erik Compton, the two-time heart transplant recipient and the only player who even remotely challenged the 29-year-old German.

So dominant was Kaymer that no one got closer than four

shots over the final 48 holes.

Only a late bogey kept Kaymer from joining Tiger Woods and Rory McIlroy as the only players to finish a U.S. Open in double digits under par. He made a 15-foot par putt on the 18th hole, dropping his putter as the ball fell into the centre of the cup, just like so many other putts this week.

"No one was catching Kaymer this week," Compton said, who closed with a 72. "I was playing for second. I think we all were playing for second."

THE ASSOCIATED PRESS

Spurs' Big 3 thwarts Heat's 3-peat bid

NBA Finals. San Antonio wins its fifth title after wrapping up series in five games

From their low moment in the NBA Finals, the San Antonio Spurs are back to the top of the league.

The Spurs turned the rematch with the Miami Heat into no match at all.

The Spurs finished off a dominant run to their fifth NBA championship Sunday night, ending the Heat's two-year title reign with a 104-87 victory that wrapped up the series in five games.

A year after their heart-breaking seven-game defeat, their only loss in six finals appearances, the Spurs won four routs to deny Miami's quest for a third straight championship.

"Hard to believe, isn't it? Manu Ginobili said. "We played at a really high level."

Finals MVP Kawhi Leonard had 22 points and 10 rebounds for the Spurs, who added this title to the ones they won in 1999, 2003, 2005 and 2007. They nearly had another last year, but couldn't hold off the Heat and lost the final two games.

San Antonio rebounded from an early 16-point deficit by outscoring the Heat 37-13 from the start of the second quarter to midway through the third, kicking off the celebration the Heat cancelled last season.

"We remember what happened last year and how it felt in that locker room and we used it and built on it and got back here and it's amazing,"

Call him champ

Leonard singled out as MVP

Kawhi Leonard could have been devastated by losing last season's NBA Finals.

Instead, he vowed to get better.

Just think — the San Antonio Spurs' youngest star is only getting started. He's a champion now.

When commissioner Adam Silver announced Leonard as the MVP, he was mobbed by his teammates and Spurs coach Gregg Popovich roared with laughter, knowing Leonard would have to do what he hates most — talk about himself.

"Right now, it's just surreal to me," Leonard said. "I have a great group of guys behind me."

Tim Duncan said. "It makes last year OK."

LeBron James had 17 first-quarter points to help the Heat get off to a fast start. He finished with 31 points and 10 rebounds for the Heat.

"They played exquisite basketball this series and in particular these last three games and they are the better team. There's no other way to say it," Heat coach Erik Spoelstra said.

The Spurs won four titles in nine years, but hadn't been back on top since 2007.

THE ASSOCIATED PRESS



Kawhi Leonard of the San Antonio Spurs celebrates after being named the MVP following Game 5 of the NBA Finals against the Miami Heat on Sunday in San Antonio. The Spurs won 104-87. CHRIS COVATTA/GETTY IMAGES

MLB. Marlins rally past Pirates after McGehee's sacrifice fly in the 10th

Casey McGehee completed his sacrifice-fly trot near first base, then started toward the Miami Marlins dugout and was met by the sight of the entire team gleefully sprinting toward him.

McGehee, who has delivered plenty of clutch hits this season, started a celebration Sunday with an out.

He tied the game in the eighth inning with a two-out, two-run double, then drove

home the winning run with a sacrifice fly in the 10th, and the Marlins averted a series sweep by beating the Pittsburgh Pirates 3-2 Sunday. Miami earned its sixth walkoff win and broke a three-game losing streak.

"It's one of those feelings you can't really describe," said McGehee. "It's a special feeling because you've been grinding for however many innings..."

THE ASSOCIATED PRESS

MLB. Cleveland completes comeback with Swisher's winning homer in the 11th

Nick Swisher finally has something to savour in a tough season — a game-winning homer.

He had spent 16 days on the disabled list before being activated Thursday. He was batting just .203 when he came to bat in the 11th inning on Sunday.

Then he led off the inning with his fourth homer of the season, giving the Cleveland Indians their second straight 3-2 comeback win over the



Nick Swisher celebrates his game-winning homer. GETTY IMAGES

Boston Red Sox.
THE ASSOCIATED PRESS

Scan the image to view a gallery of the Stanley Cup celebrations in Los Angeles

MLB. Navarro, Happ help Blue Jays get even with division rival Orioles

Home-field advantage hasn't taken hold this season for the Baltimore Orioles, especially when Chris Tillman is on the mound.

The Orioles wasted a fine pitching effort by Tillman and lost to the Toronto Blue Jays 5-2 Sunday, leaving Baltimore with an unsatisfying split of the four-game series.

The defeat dropped the Orioles 4-1/2 games behind the first-place Blue Jays in the AL East and dropped their record at Camden Yards to 16-17.

Baltimore went 5-5 during a homestand against Oakland, Boston and Toronto.

Tillman (5-4) allowed three runs and eight hits in seven innings. He's 0-4 with a 2.78 ERA at home and 5-0 with a 6.33 ERA on the road.

J.A. Happ pitched effectively



Jays pitcher J.A. Happ throws to an Orioles batter Sunday. GETTY IMAGES

into the seventh inning and Dioner Navarro had three hits and two RBIs to help the Blue Jays forge a split.

"It means a lot," Navarro said.

"It's a good series in general. We made some good plays, we got some clutch hitting," Toronto slugger Jose Bautista added. **THE ASSOCIATED PRESS**

NBA

Knicks hope to hold on to Melo

Carmelo Anthony wanted New York, and the Knicks wanted him. Now, a little more than three years after the trade that brought them together, Anthony could decide to leave.

The Knicks would like him to stay, but they realize he will have some appealing options if, as expected, he tests free agency.

"I would love to have the opportunity to work closely with Carmelo," said new Knicks coach Derek Fisher.

THE ASSOCIATED PRESS

Rugby

Canada loses tight battle with Scots

Canada may have been within a couple of points of knocking off a Tier 1 rugby team Saturday, but there was no celebrating in the Canadian locker-room.

A controversial penalty in the dying minutes made sure of that.

The Canadians dropped a 19-17 decision in an international Test match at BMO Field to Scotland — a country that sits a full eight positions higher than them on the world rankings.

THE CANADIAN PRESS



Kings return to the throne

Defenceman Drew Doughty celebrates the Los Angeles Kings' Stanley Cup-clinching Game 5 win over the New York Rangers on Friday night in Los Angeles. "Next year, we're going to want to win it again," Doughty said Friday night after the Kings' double-overtime victory. With two NHL championships in three years, the Kings are building a hockey dynasty in an unlikely place. **CHRISTIAN PETERSEN/GETTY IMAGES**

Horoscopes

Aries

March 21 - April 20

The Sun remains in the communications area of your chart until the 21st, so if there are things you need to say it might be best to say them now. Avoid confusion by making sure your words are simple.

Taurus

April 21 - May 21

Money matters will take up a lot of time today. It may all seem trivial but you must take it seriously. The more financial loose ends you tie up now the more fun you can have later on.

Gemini

May 22 - June 21

The last few weeks have been enjoyable and there's no reason why the next few days should not be fun as well. However, with Mercury, your ruler, moving retrograde some issues need to be taken seriously.

Cancer

June 22 - July 23

Do you have a clear idea of your long-term ambitions? If not you would be wise to get your thoughts in order over the next few days. Vague daydreams won't come true.

Leo

July 24 - Aug. 23

Be careful you don't let slip any personal information today or you could find it being used against you by a rival. Sometimes you can be too trusting for your own good.

Virgo

Aug. 24 - Sept. 23

When the Sun moves into one of the more positive areas of your chart next weekend you can speak up and let powerful people know why you oppose them. For now though you are advised to bite your tongue.

Libra

Sept. 24 - Oct. 23

Make the most of the Sun's last few days in your fellow Air sign of Gemini to do the things you really enjoy. When the Sun changes signs on the 21st you will find yourself loaded down with new responsibilities.

Scorpio

Oct. 24 - Nov. 22

Get your financial affairs in order. If you need to cut costs then do what has to be done, even if it affects your quality of life in the short-term.

Sagittarius

Nov. 23 - Dec. 21

You may be tempted to bring a partnership of some kind to a close but don't be too hasty. The planets indicate there is life in it yet, so hang in there and find ways to make it work.

Capricorn

Dec. 22 - Jan. 20

You'll have to accept more of a supporting role over the next few days. Capricorn is a cardinal sign, which means you like to take the lead, but sometimes it's better to let others take responsibility.

Aquarius

Jan. 21 - Feb. 19

When the Sun changes signs next weekend your workload is likely to increase so the fewer things you have on the go now the better. Cut back on commitments and take a break.

Pisces

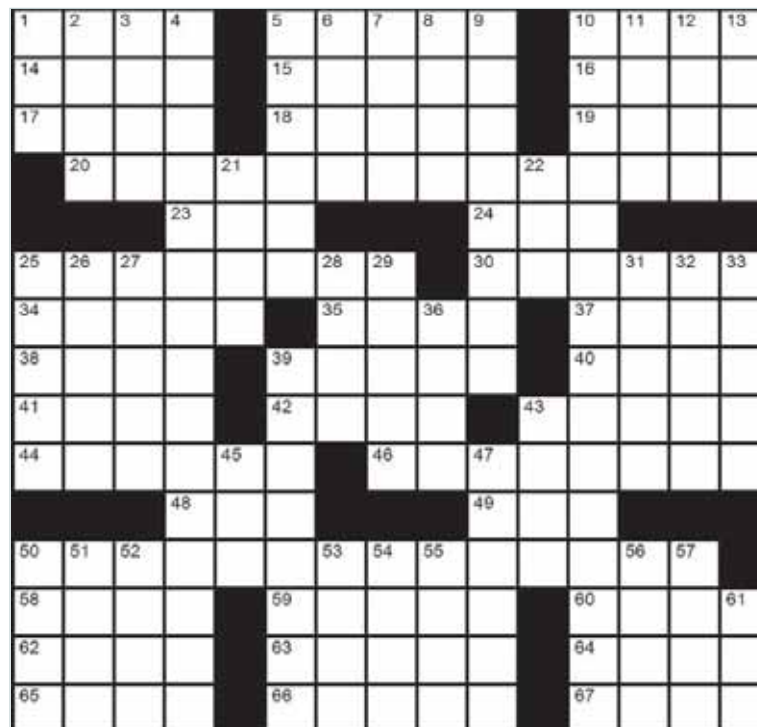
Feb. 20 - March 20

You have so much to look forward to so why are you still looking back and lamenting what might have been? Whatever the reason you need to snap out of it or you may not even notice new opportunities. Be positive. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Iridescent gem
5. Linguist Mr. Chomsky's
10. Was there
14. Orchestra stand-out
15. Take apart the Hoover, say
16. Antarctica's Prince
17. "Star ____"
18. Hence...: 2 wds.
19. Road style
20. 'Vancouver's First Lady of Jazz' - Trail-blazing singer/actress whose many credits include hosting her own weekly variety show on the CBC: 2 wds.
23. Canadian engineering group, ____
24. Funny! ____ hee!
25. Margaret Laurence novel, the 1974 Governor General's Award for Fiction winner, The ____
30. Greek Myth: Queen of Troy
34. British novelist Ms. Bagnold's
35. Prefix to 'ferous' (Conveying air)
37. Therefore
38. Postpaid mailing encl.
39. Novelist/poet Elinor (b.1885 - d.1928)
40. "That's fine then.":



2 wds.

41. Fast food titan Ray
42. No: German
43. Trim
44. ____ lights (Movie premiere sights)
46. "Definition", for one: 2 wds.
48. Tit-for-____
49. Pasta names suffix

50. Serena Ryder hit: 4 wds.
58. ____-hoop
59. Like a TV series airing this very minute: 2 wds.
60. Sea eagles, variably
62. Awestruck
63. Queen: Spanish

64. Particle
 65. Carry
 66. Ms. Sagal
 67. Detect
- Down**
1. Baseball great Mel
 2. Genuine
 3. Brother of Cain
 4. Summery retreat as in The Muskokas in

- Ontario: 2 wds.
5. Fine difference
6. "Step ____ pets." (Furry friends palindromes)
7. Env. info
8. Fem. opposite
9. Made-in-a-blender beverage
10. Some antique

- store purchases: 2 wds.
11. Half of a Basque court game
12. Music: Manfred ____
13. Garden of Eden lady, and namesakes
21. Ms. Jillian's
22. Jeans brand
25. Office furniture pieces
26. "____ economy is always beauty." - Henry James
27. Tennis player's topper
28. Showbiz performer Martha
29. Bud ____, MLB Commissioner
31. "Yup."
32. Good, in Genoa
33. Lopsided
36. Actress Ms. Morelli
39. "Come Dine with Me Canada" airer, ____
43. Actor Sean
45. Actress Ms. Ling
47. Fairgrounds section
50. "Come again??"
51. Men's label, ____ Boss
52. Commonly: 2 wds.
53. Vitamins brand, ____ Day
54. Building block
55. Sole
56. Fall
57. Catch ____ ('Get')
61. Prepared

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	8	1	3	9	4	6	5	2
4	9	3	5	2	6	1	8	7
2	6	5	8	1	7	9	4	3
9	7	4	6	8	2	5	3	1
3	1	6	7	4	5	2	9	8
5	2	8	1	3	9	7	6	4
8	4	7	9	5	1	3	2	6
1	5	2	4	6	3	8	7	9
6	3	9	2	7	8	4	1	5

9		6			1			5
				5	3			1
5				4		8		
		9					7	
		3	1		7	5		
	7					2		
		4		6				5
2				8	1			
	5		3			1		2

Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 18°
MIN: 10°



MAX: 18°
MIN: 10°



MAX: 22°
MIN: 10°



MICHELE MCDUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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